

Grilled Apples, Cabbage and Sweet Potatoes

Ingredients	Amount
Apples, your favorite variety sliced	2 each
Cabbage, green cut into 8 chunks	1 small
Sweet potatoes, peeled and chunked	2 each
Spray oil	Enough to cover foil
Salt	To taste
Pepper	To taste

Method:

- Wash the vegetables then slice the apples, chunk the cabbage and peeled sweet potatoes and place in a bowl
- Toss the vegetables with salt and pepper
- I use an aluminum pie tin or roasting pan lined with a large piece of aluminum foil that is sprayed with oil. Place the tossed vegetables in the foil lined tin and cover tightly with the foil.
- Cut about 3 – 4 slits into the top foil to let some steam out
- Place on the grill, cover. The vegetables are finished when they feel soft, about 45 minutes to 1 hour.
- Let sit a couple of minutes before opening ... be careful of steam!
- Serve.

